

Incredible Years Dina

Child Training Program

This 18 week Program is designed to promote childrens problem solving skills, appropriate classroom behaviors and positive social skills. Program topics include: understanding feelings, problem solving regulation emotions, how to be friendly, and doing your best in school. The program utilizes puppet play, group work and fun activities to teach children these skills.

Goals of the Program:

- promote child emotional, social, and academic competencies and reduce aggressive and non compliant behaviors.
- strengthen children's social skills and appropriate play skills (turn-taking, waiting, asking, sharing, helping and complimenting).
- promote children's use of self-control strategies as effective problem-solving steps and effective anger management strategies
- increase emotional awareness by labeling feelings, recognizing the differing views of oneself and others, and enhancing perspective taking.
- boost academic success, reading and school readiness
- reduce defiance, aggressive behavior, and related conduct problems such as noncompliance, peer aggression and rejection, bullying, stealing and lying.
- decrease children's negative cognitive attributions and conflict management approaches
- increase self-esteem and self-confidence

"Social Skills are Skills For Life!"



About the Trainer

Luisa Contreras, Licensed Marriage and Family Therapist and Licensed Professional Clinical Counselor is the Founder and Director of Clinical Services of La Vida Life Counseling Center. La Vida is a therapeutic center dedicated to help children, adolescents, adults, families and couples heal from the effects of trauma. Luisa is certified in Parent Child Interaction Therapy, proficient in Trauma Focused-Cognitive Behavioral Therapy, Emotionally Focused Therapy and Gottmann Method Couples Therapy. She has provided trainings for therapists contracted by LA County Department of Mental Health and First Five LA. Luisa was a speaker at the 14th Annual Parent-Child Interaction Therapy Conference (2014) sponsored by UC Davis Children's Hospital, First Five LA, LA County DMH, and the National Child Traumatic Stress Network (NCTSN). She has been a speaker at Chapman University training master level students in the treatment of childhood trauma and at Pepperdine University training master level students on providing culturally sensitive services to Latinos in the United States. In 2016 Luisa received the Bureau of Victim Services Commendation Award for "Helping Victims Become Survivors" from the Los Angeles County District Attorney's Office.

Luisa is also the Founder and Trainer of OC Social Skills Institute. A program committed to providing evidence based parent-assisted social skills trainings for children, adolescents and younger adults with Autism Spectrum Disorders and other social and behavioral impairments. Luisa received her training at UCLA by Dr. Elizabeth Laugeson, the UCLA PEERS Founder and Director of UCLA PEERS Clinic. Dr. Laugeson is the co-developer of the Program for the Education and Enrichment of Relational Skills (PEERS); the only evidence based social skills intervention for teens and young adults. Luisa was also trained by Dr. Carolyn Webster-Stratton, the founder of Incredible Years (IY), evidenced-based programs. IY are a series of parent-assisted programs that develop positive parent-teacher-child relationships and assist in preventing and treating behavior problems and promoting social, emotional and academic competence before a child becomes an adult.

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